

# Tōl ñan Kalaplak Kajur ilo COVID-19 Wā ñan Armij ro ejjelak Aer Pepa im Rej ettolak jān ijo jikier

Bwebwenato ko kin COVID-19 wā ippān ro uwaan jukjukun pād eo am im riwia ro emāroñ in bōk elōñ wāwein im walok ilo elōñ jikin ko rej oktak. Ilal kwōnj loe juōn wāwein rej katmāne an bwebwenato ko emakitkit.

## Jino Bwebwenato eo

**Emōj am ke lōmṇak kake ñe kwōnij bōk COVID-19 wā eo ak ejjab?**



Aet, inij bōke.



Ijjab jellā.



Ijjab tōmāk ikōnan bōke.

**Einwōt kwōjjab lukkun jellā.  
Kwalok tok elaplak kin ta eo emōj am roñ kake wā eo.**

**Rōjañ ko ilo am Bwebwenato:**

- ✓ Lale peij eo liik ñan inepāta ko rej ekkā im FAQ ko.
- ✓ Ñe emōj am kelet in ebbōk wā, kwe māroñ in kwalok elmen am kar kōmmane kelet eo ippeir.
- ✓ Kile ta ko rej eñjake.
- ✓ Kwōj juōn rikwalok melele armij rej lōke. Kile ñe ej wōr wōt wāwein ko kwōjjab jellā kake.
- ✓ Kajjitōk ñe rej kōnan bwe uwaan baamle ak uwaan jukjukun pād eo rekōnan mōttan jerbal in kōmmann kelet.

**Imāroñ ke kajjitōk ippām:  
Ta inepāta ko rej kabōjrak eok jān am bōk wā eo?**

**Rōjañ ko ilo am Bwebwenato:**

- ✓ Lale peij eo liik ñan inepāta ko im FAQ ko.
- ✓ Ñe en kar wōr am ejja kajjitōk ak inepāta ko wōt, kwalok jerbal in am kōmmann kelet.
- ✓ Kile ta ko rej eñjake im ta ko emōj aer ioone.
- ✓ Kwōj juōn rikwalok melele armij rej lōke. Kile ñe ej wōr wōt wāwein kwōjjab jellā kake.

## Bar Lale

**Kamolol ir kin aer kwalok inepāta ko aer ippām im kajjitōk bar kake aer mōnōnō in ebbōk wā.**



Ikonan ebbōk wā.



Ijjab kōnan kōnnaan kake elaplak.

**Ij mōnōnō ke emōj ad kōnnaan im ij kamolol ke emōj am kwalok inepāta ko am ippā rainin. Kōmmane juōn kelet elap an aurōk.**

**Rōjañ in Bōk Juōn Buñtōn in Jerbal:**

- ✓ Ñe emāroñ, jibāñ ir jūkeejul juōn ien etal im wā ak lelak melele ko kin juōn ien wā eo walōñ tak.
- ✓ Ñe rej kwōj in kōmmane menin, rōjañ ir in kwalok melele ko rekar ekatak ñan aer māroñ in jibāñ baamle im ro uwaan jukjukun pād eo in kōmmane ejja kelet eo wōt.

**Kommol kin am kwalok lōmṇak ko am ippā, ij kamolol eok. Ej am jimwe ñan ba jab. Ne ewōr am bar lōmṇak elikin arro bwebwenato, ij mōnōnō in kōnnaan ippām elaplak kake.**

**Rōjañ ko ilo am Bwebwenato:**

- ✓ Kwalok ien eo ñan rool lak ñan bwebwenato eo im kwalok elaplak kin kein jibāñ jān jikin ko armij rej lōke.
- ✓ Kwalok juōn telebon nōmba in kūrlak ak ia ñan bukōt eok kin jabdewōt kajjitōk ñe rekōnan kōnnaan ippām ien kani jōt.
- ✓ Kwalok am kōnan kūrlak ir ak tōbar ir ilo bar juōn wāwein ñan wanmaanlıçk wōt kake bwebwenato eo.

# Inepāta ko Ekutkut & Waanjoñak in Uwaak ko

**Emōj aer ioone an armij dike er kin kilier ak ijo rej itok jān e ak ioone juōn bar wāwein an armij kwalok aer jab mōnōnō ū rejbōk jibāñ kin taktō.**

"Jolök bwōd bwe men in ekar walok ñān eok. Ekar bwōd im jab eman. Men eo kwar ioone einwōt ej kametak im kömman illu." Elikin am roñjake im etale wōt inepāta ko aer, lōmnak kin am ba: "Wā eo enij jibāñ kōjbarok eok jān am lukkun nañinmej in COVID-19. Elap aer rōjañe, ak ej am wōt pepe. Ikōnan wōt bwe kwōn bōk kōjbarok/kea eo kwōj aikuji."

**Rej kwalok katak in taktō ko rej kömman jorāñ im ta ko armij kilme im armij in Amedka rekar ioone mokta lak.**

"Kwōj lukkun mol. Ta ko rekar walok mokta lak ilo ejmour rejjab aikuj in jak. Jaintij ro emōj aer koba ippān doon ilo elōñ katak ko rej kömman jorāñ im dike ñān armij oktak kilier ilo etan uno. COVID-19 wā eo oktak kiō aer lukkun kōjerbale. Imāroñ ke ba ñān eok kake wā eo im kain kamelmel ko ilo wā? Ikōnan bwe kwōn eñjake ke kelet eo ejimwe ñān eok."

**Rekar kwalok ke rej tōmāk ke ejelak tokjen bōk wā ū remāroñ in wōt bōk nañinmej.**

"Ij melele. Jōkdoon ej walok wōt am māroñ in bōk COVID-19 elikin wā, wā ko emōj aer kömman ñān kōjbarok jān nañinmej elap, delōñ ojpitōl, im mij jān COVID-19 im ej walok an eman aer jerbal ilo wāwein kein. Ñē

## Kajitōk ko Ekutkut Kajitōk & Waanjoñak in Uwaak ko

**Ta jorrāñ ko remāroñ walok elikin am bōk wā eo?**

(Ñē emāroñ, kwalok ta eo kwar ioon e elikin am bōk wā eo.) "Einwōt wā ko jōt jej bōki, abnōnō ko elaptata an ekkā aer walok ej metak in peium, kanoojin mōk, metak boram/ metak majel, im ej kijoñ diik im māke jako lak iumin jōt raan. Ta eo ej walok elikin am bōk wā emāroñ in ben, ak ej bar kakōlē ke wā eo ej jerbal. Ta eo ej walok elikin am bōk wā eo ekutkut lak elikin wā eo kein karuo. Kauwōtata ko jān am bōk COVID-19 ej laplak jān kauwōtata ko rej walok elikin am bōk wā eo."

**Imāroñ ke bōbrae kin wā in? Rekar ke teej ippān armij einwōt ñā?**

"Aet, rej kōjbarok. Food and Drug Administration (FDA, Rā eo an Mōñā im Uno ko Rekjajur) rekar kamelim bwe wā kein ren beddo etale kein kamol ko. Rijerbal ro rej māke katak kin wā eo emōj aer kwalok ke ej tōbar joñan in kōjbarok eo elap tata. Ñān Pfizer im Moderna wā ko, joñan eo 30% in ro rej bōk kunaer ilo U.S. ilo ien ekatak kin wā ko ej armij ro rej Kilmej, armij in Amedka, ak armij ro oktak kōjlar. im jimettan kar ro rej rittolak. Ñān Johnson & Johnson wā eo, joñan eo 38% in ro rej bōk kunaer rilo ien ekatak kin wā ko ej armij ro Kilmej/Africa Amedka, jān Asia ak Amedka India/Jān Alaska im jimettan kar ro rej rittolak. Ekar ejelak menin inepāta ko rekar walok ak jabdewōt kumi ko ñān ien ekatak kain emōj kwalok kaki.

**Ej ke eman ñe enij bōklōk ajiri e nejū bwe en wā?**

"Aet. Wā ko rej bellōk ñān ajiri ro elaplak jān 5 aer yiñō. Ilo ien ekatak ko rej etal wōt ñān wā ajiri ejelak men ko rellap emōj aer walok elikin wā. Ajiri ro rej bōk juōn wā eo ediklak jān wā eo ej etal ñān ritto. An ajiri eo nejūmm wā ej jibāñ kadiklak kauwōtata in aer bōk nañinmej in COVID-19, ej kadiklak aer māroñ in bōk nañinmej ko rellap, im ñē renij etal im lukkun nañinmej in COVID-19 enij kadiklak aer aikuj in delōñ ojpitōl im kadiklak kauwōtata in mij jān COVID-19. Ñān melele ko relaplak lale Vaccinating Youth (Lelak Wā ñān Jodikdik) link ilo kein jibāñ kein ilal."

**COVID-19 mRNA wā rej ke ukōte DNA eo am? Ta eo ilo wā eo?**

"Ejjab. Wā ko rejjab ukōt ak tōbar DNA eo am ilo jabdewōt wāwein. Wā eo ej pād, messenger RNA (mRNA), koba ippān kūriij, jaal, im jukwa ñān jibāñ ir bwe en eman lak aer jerbal ilo enbwinnim. Menko rej likit ilo wā in ejjab kauwōtata im rej aikuj ñān wā in bwe kwōn māroñ in bōbrae. Ejjab pād cell ko an armij (koba ippān an niñniñ), baerōj eo ej kömman COVID-19, jabdewōt mwieuk an menin mour piik, latex, kain kabbōk kein jerbal, ak kein kōjbarok ko. Ejjab eddek ippān lep im ejelak lep ie."

**Wā ko remāroñ ke men bwe in bōk nañinmej in COVID-19?**

"Jab. Wā ko reban bar lewaj COVID-19. Wā ko rej katakin cell ko enbwinnid ñān kile im irre ippān coronavirus."

kwōnij bōk nañinmej elikin am wā, kwōnij bōk wōt jeramman jān wā eo kinke enij diiklak am nañinmej ijelakin in kār nej lap."

**Rej kwalok inepāta ko kin kien ak an kien pād ilo jekjek eo.**

"Kwōj mol, emōj an koba tok kien. Akō, ej kin ejmour eo am im ejmour eo an jukjukun pād eo am. Wā ko ej eman aer jerbal ilo aer kōjbarok armij jān aer bōk nañinmej."

**Rej kwalok inepāta ke rejjab kōnan bwe en juōn kein ekatak.**

"Ij melele am jab kōnan bōk, ak armij ro emōj aer kömmane wā ko rekar jab jolök jabdewōt buñtōn in kōjbarok ko. Wā ko rekar teej mokta jān aer etal ñān lōblej, im Jain eo likier emōj aer ekatak iumin elōñ yiñō ko. Ewōr 10 billion wā ko emōj aer etal ñān aolepen ilal in ilo an kōjbarok."

**Rej kwalok inepāta kin melele ko rejjab jimwe im ilo aer jab jellā ta jikin ko ren lōke.**

"Elōñ melele ko nabōj in bwebwenato in. Jōt ien ebin kwalok ewi ian kein jibāñ ko rej mol im ewi iaer rejjab. (Kwalok kein jibāñ ko kwōj lōke, ñān waanjoñak: "Ij etal ñān jikin taktō, Department of Health Centers for Disease Control and Prevention (CDC, Jikin Kantūrol Nañinmej im Bōbrae) ñān melele ko aō. Ijellā ke melele ko aer rej itok jān jaintij ro rej ekatak kake COVID-19." Ñān kein jibāñ ko jōt, lale ijin ilal.)

**Ewi joñan to in an pād kōjbarok eo an COVID-19 im ej ke bōbrae jān nañinmej in oktak kāäl ko?**

"COVID-19 kōjbarok wā ej walok im diiklak ilo ien, ak wā ko rej kabōjrat jān am lukkun nañinmej, delōñ ojpitōl, im mij jān COVID-19. Ñān am māroñ in wanmaanlık wōt ilo am kōjbarok eok māke im ro jōt, CDC ej rōjañ aolep ro rej māroñ in tōprak ñān bōk wā in kakajur elikin wā ko jinjon. Kelet link eo ilal ñān melele ko relaplak kin wā ko im wā in kakajur."

**Ta eo ij aikuj in kömmane ñe emōj aō bōk wā eo nabōj in Amedka?**

"Ñē kwar bōk wā in Moderna, Johnson & Johnson (Janssen), ak Pfizer wā, kwōjjab aikuj in kömmane jabdewōt. Ñē kwar bōk juōn wōt wā jān ruo wā ko an Pfizer/BioNTech, Astrazeneca-SK Bio, Sinopharm, Serum Institute of India, Janssen ak Moderna (World Health Organization (WHO, Doulul eo an Ejmour Aolepen Lalilin) wā ko emōj aer tōbrak) ak ñe emōj am bōk wā ilo laajrak eo, CDC ej rōjañ ke kwōn bar bōk wā ippān juōn wā emōj an melim jān FDA (Moderna, Janssen, ak Pfizer). Pfizer im Moderna wā in kakajur ko rej bellōk ñān ro rej māroñ tōprak. Ñān katak elaplak am māroñ in tōprak im kin wā in kakajur ko, etal ñān peij eo an COVID Booster ilal."

**Ij ke aikuj in kwalok kein kamol in ia eo ij itok jān e?**

Jab, kwōjab aikuj juōn citizen in U.S bwe kwōn māroñ in bōk wā eo. Melelein ke kwōjjab aikuj social security nōmba, ak pepa ko jet im ej kwalok jekjek eo am, ñān am māroñ bōk wā eo. Jet jikin ko rej lewaj wā remāroñ kajitōke nomba in social security eo am, bōtab kwōjjab aikuj lelak. Ajiri eo nejūm ejab aikuj juōn citizen in U.S ñān an bōke wā eo. Rijerbal in ejmour ro reban kajitōke jekjekin pepa in kwalok kwōj itok jān ia. Ilo elōñ keij ko, jinen im jemen im ri kōjbarok ro renaj aikuj lelak kōmelim eo aer ñān an jodikdik ro rediklak jān 18 aer yiñō. Department of Health ej rōjañ bwe aolep armij ro remāroñ in tōprak ren bōk wā." (Washington Solidarity Immigrant Network's COVID Vaccine Know Your Rights ilal.)

**Imāroñ ke bōk wā ū ij bōrōro ak kōnan bwe en wōr nejū niñniñ juōn raan?**

"COVID-19 wā ej rōjañ elap im ej kōjbarok ñān aolep ro remāroñ in tōprak, koba ippān armij ro rej bōrōro ka niñniñ, ak kajeoñ in bōrōro. Bōrōro im armij ro ej kab mōj aer bōrōro ebido do lak aer bōk nañinmej in COVID-19. COVID-19 wā ejjab kömman inepāta ko ilo am kajeoñ in bōrōro. Im bareinwōt, jōt katak ko rej kwalok ke juon jinen ak jemen ajri eo emōj an bōke wā eo emāroñ lelak antibody ko rej bōbrae jen COVID-19 ñān niñniñ eo nejin ilo ien an bōrōro im kaninnin."

## Kein Jibāñ ko

- » [Aolep melele ko an Wā eo](#) (National Resource Center for Refugees, Immigrants and Migrants, University of Minnesota (Jikin Kein Jibāñ ko ñan Armij ro rej ko jān lal ko aer, ro rej emakit jān lal ko jikier im ro rej itotak, University eo an Minnesota)) (Kajin Pälle wōt)
- » [Jikin ekotak alain ikiken Wā eo an COVID-19 101: Tōl eo nan ro rej jerbal ippān jukjuk in pād ko an Armij ro rej ko jān lal ko aer, ro rej emakit jān lal ko jikier im ro rej itotak](#) (National Resource Center for Refugees, Immigrants and Migrants, University of Minnesota) (Kajin Pälle wōt)
- » [Jeljā Jimwe ko Am ikiken Wā eo an COVID-19](#) (Washington Solidarity Immigrant Network (Doulul in Armij ro rej emakit jān lal ko jikier ilo Washington)) (Kajin Pälle wōt)
- » [Tōl eo an Ri-taktō ro ilo aer Kōnaan: Kōmman bwe armij ren tōmak ilo Wā in mRNA](#) (Washington State Department of Health (DOH,Rā eo an Ejmour ilo Aelōñ in Washington)) (Kajin Pälle wōt)
- » [Lelak Wā ñan Jodikdik](#) (DOH)

- » [Kein Jibāñ ko ñan Jukjukin Pād eo ikiken lelak im kōnaan kin Wā eo an COVID-19](#) (DOH)(Kajin Pälle wōt)
- » [Melele ikiken kein uno ko ñan Ri-taktō ro](#) (DOH) (Kajin Pälle wōt)
- » [Kōmman bwe Armij ren tōmak im Jolok Naan in Riab ko](#) (DOH)
- » [Kein Jibāñ ko ikiken itotak nan Wā eo an COVID-19](#) (DOH) (Kajin Pälle wōt)

Bōk jān:

1. Communication skills for the COVID vaccine. VitalTalk. [vitaltalk.org/guides/communication-skills-for-the-covid-vaccine/](https://vitaltalk.org/guides/communication-skills-for-the-covid-vaccine/). Emōj an tōprak Jānwōde 8, 2021.
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3. Opel DJ, Lo B, Peek ME. Addressing Mistrust About COVID-19 Vaccines Among Patients of Color. Ann Intern Med. Emōj an tōprak anlain Pāpode 9, 2021 ilo [acpjournals.org/doi/10.7326/M21-0055](https://acpjournals.org/doi/10.7326/M21-0055). doi: 10.7326/m21-0055